



HEART DISEASE *doesn't* CARE WHAT YOU WEAR

## IT'S THE #1 KILLER OF WOMEN

**Being a woman doesn't protect you from heart disease.** Try these risk factors on for size: Do you have high blood pressure? High blood cholesterol? Diabetes? Are you inactive? Are you a smoker? Overweight? If so, this could damage your heart and lead to disability, heart attack, or both.

Talk to your doctor to get answers that may save your life. The truth is, it's best to know your risks and to take action now.

[www.nhlbi.nih.gov/health/hearttruth](http://www.nhlbi.nih.gov/health/hearttruth)



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

National Heart, Lung, and Blood Institute; National Institutes of Health • Office on Women's Health

American Heart Association • WomenHeart: the National Coalition for Women with Heart Disease